

May Senior Center Gazette 2006

INVESTING FOR MATURE INVESTORS

By Drew Thompson
of Edward Jones

Four to six week class starts
Mon., May 15, 2:30-4:30 pm

No fee for an educational class on how to manage your money, different types of investments, and what to look for in choosing people to work with. A text notebook is included. Please sign up at the Senior Center Office.

OLDER AMERICANS MONTH

Meet Scott Haggerty &
Fremont Adult Services
Representatives
Fremont Main Library
Weds., May 3, 1:30 pm
Discussing Services for
Older Adults in Fremont



CELEBRATE MOTHER'S DAY
Friday, May 12, 12 noon
Special Lunch & Hat Contest
Prizes to be awarded.
Senior Center Members \$5
Non-Members \$7

MAY BIRTHDAY PARTY
Friday, May 12, 1:30 pm
Entertainment by
the Swing Notes

Join us for this wonderful musical trio of singers & food, even if is not your birthday. Cake, ice cream, & coffee will be served. If you are having an April birthday, register for the drawing for birthday prizes. Prizes have been donated by Atria's Retirement Inn, Kathy's Floral Design, Carlton Plaza of Fremont, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT	574-2050
Coordination of services for homebound seniors	574-2041
Senior Center	790-6600
Senior Information & Referral	574-2041
Fremont Paratransit Program	574-2053
Multi-Purpose Senior Services Program (MSSP)	574-2050
Senior Peer Counseling	574-2063
Caregiver Support Program	574-2035
LIFE ELDERCARE	574-2090
Meals on Wheels	574-2092
Friendly Visitor Program	574-2097
Travel Escort Program	574-2096
AFGHAN ELDERLY ASSOCIATION	574-2059
ALAMEDA COUNTY WEBSITE	www.alameda.networkofcare.org
ALZHEIMER ASSOCIATION HOTLINE	1-800-660-1993
ALZHEIMER'S SERVICES OF THE EAST BAY	888-1411
BACS ADULT DAY CARE CENTER	656-7742
COMMUNITY HEALTH RESOURCE LIBRARY	494-7030
EAST BAY PARATRANSIT	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE	1-800-770-9447
HOMESERVICES REGISTRY	574-2095
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS)	494-4500
After hours	494-4505
LEGAL ASSISTANCE FOR SENIORS	1-800-393-0363
MEDICARE	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP)	1-800-393-0363
TRI-CITY HEALTH CLINIC	713-6685
SENIOR LIBRARY SERVICES	745-1499 or 745-1491
SOCIAL SECURITY	1-800-SSA-1213
TRI-CITY ELDER COALITION	574-2064



MEET ME IN FREMONT:
WHERE CULTURES OF THE
WORLD COME TOGETHER
Thursday, May 4, 6-10 pm
Fremont Marriott Hotel - \$100

Human Services Fundraiser for the Fremont Senior Center and for the Family Resource Center Discovery Cove, which offers affordable and safe, drop-in child care to the community. Delightful entertainment by Mission San Jose High School Band, Crystal Children's Choir, and The Jollywood Dancers,

DEDICATION OF THE
DONOR TREE
11:00 AM Friday, May 19
Senior Commission dedicates
the Senior Center Donor

ADVANCED CARE HEALTH DIRECTIVE WORKSHOP For Elder Law Month

Gene L. Osofsky, Esq.
Will help you complete your own
Advanced Health Care Directive
Friday, June 2, 1-3 pm

Pre-register at the Office or by
phone at 790-6600 by Fri., May 26
Please bring a blue ink pen, your
current Driver's License or State
ID, and \$10 for notary fee.

Tuesday, May 2, 10:30 am
Speaker: David Gonzalez
Medicare Part D
Open Enrollment & Kaiser Plans

Tuesday, May 9, 1 pm
Plant A Seed, Life Grows -
Pot a Plant for Yourself,
Family or Special Friend
Join us to make a lovely
Spring Gift!

!! Mon. Night Line Dancing !!



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.